Meet Itinerary

GSC Fall Intrasquad

Saturday, September 21, 2019

Dwight Hunter "Northeast" Pool, 1100 NE 14th Street, Gainesville, FL 32601

Important Notes
Please arrive on time! This meet is short, so it is important that everyone be at the pool on schedule. GSC's Gold, Sectional, National, and professional groups will be practicing before the intrasquad meet starts so your swimmer will be able to watch their older teammates finish their practice!

This meet is outdoors and Saturday's weather is forecast to be sunny and warm. There are some covered areas at the pool, but please make sure that you and your swimmer have sunscreen and plenty of water to drink.

Your swimmer will want to have the following:

- Team cap and swimsuit
- Goggles (an extra pair is always a good idea!)
- A couple of towels
- Water bottle to stay hydrated
- Snacks should be light, healthy food—no junk food!

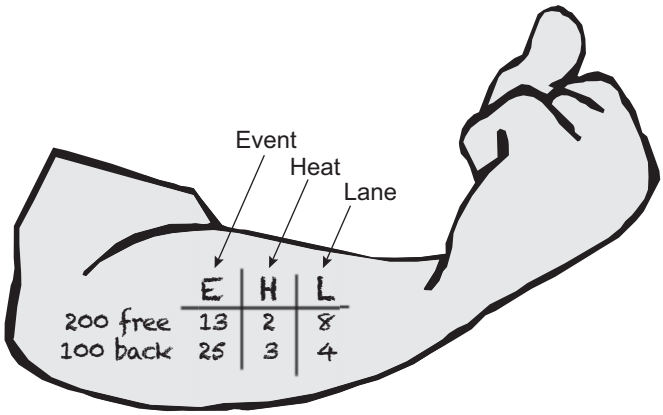
You will also want to prepare the things you need at the meet. Suggested items include the following:

- Foldable outdoor chairs
- Highlighters for heat sheets and sharpies for event-marking swimmers
- Snacks and water bottles
- Sunscreen

Many thanks to those of you who have volunteered to help as timers! This is a great meet for novice swimmer-parents to learn about how a meet runs, what the volunteer positions involve, and how fun it is to be involved as a volunteer when your child is participating in a competition.

About 15 minutes prior to the start of the meet, we will have a volunteer meeting and training session for timing.

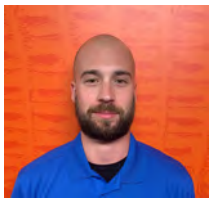
Prior to arriving at the meet, it is helpful to write your child's event information (available in the heat sheet) on his or her arm or leg as a reminder of which events they are swimming as well as which heat and lane they are in. Coaches will help at this meet, but this habit is a good one to start!



Team Schedule

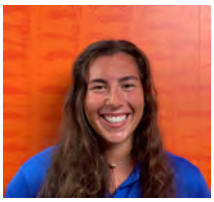
Saturday Morning
Coaches attending: Robert, Adam, Blake, Olivia, Stacey, Ryan

Arrive: 8:40 am
Team stretch: 8:50 am
Warm-up begins: 9:00 am
Volunteer meeting: 9:30 am
Meet begins: 9:45 am
Meet ends: approximately 11:30 am


Adam

Robert

Blake


Olivia

Stacey

Ryan